



Family Literacy Week

Let's Be Active! Move • Play • Learn

Toddlers (1 - 2 years old)

Step Up, Step Down

When toddlers practice climbing up and down their legs get stronger. Saying words like “up” or “down” on each step and/or counting the steps out loud with your child builds listening skills and vocabulary.

How to play:

Step with me

- Hold onto toddler's hands as they climb up the steps in a step-together, step-together pattern.
- Repeat the same pattern going back down the steps.

Step along

- With one hand holding onto a railing, have toddlers climb up steps in a step-together, step-together pattern. Be sure to follow behind for safety.
- Repeat the pattern going down the steps. Stay in front for safety.



Other ideas to try:

- Balance on a plank on the ground or a log in the woods.
- Hold hands and hop together.
- Roll or kick balls.

Active play every day!

Aim for at least 180 minutes of physical activity for toddlers, spread throughout the day.

How does it look?

- **Toddlers:** pushing or pulling a toy, throwing and chasing